COMBAT FITNESS

COMBAT FITNESS

Standard PT programs

Semper Fit

Water Survival

Martial Arts

Rough Terrain Skills

Adventure Training

COMBAT FITNESS

WEAPONS & EQUIPMENT

HUMAN FACTORS

NATURAL OBSTACLES

WEATHER

COMBAT FITNESS

GENERAL CONDITIONING

STRENGTH
ENDURANCE
FLEXIBILITY
BODY HARDENING

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CONVERSION CONDITIONING

POWER
ENDURANCE
TOUGHNESS
AGILITY
CROSS TRAINING
CALLUSING

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COMBAT CONDITIONING

PHYSICAL AND MENTAL TOUGHNESS

SPEED/POWER/COORDINATION

INTEGRATION OF SKILLS

COMBAT FITNESS

Physical Benefits

Mental Benefits

Character Benefits